For more information, visit www.ndsu.edu/eatsmart.
**Friends**

Highly nutritious foods and fluids

Eating before physical activity gives you energy to burn. Some examples of healthful food choices are bananas, apples, peanuts, cereal, yogurt and fat-free milk. Eat a variety of foods to provide enough calories to meet your growth and development needs, too.

**Groups**

Grains, fruits, vegetables, protein foods

Focus on carbohydrate-rich foods when eating a pregame meal (and throughout the season). These foods are easily digested, which is a must when eating before an event. Only small amounts of fat and moderate amounts of protein should be consumed during the pregame meal. Fats are digested more slowly compared with other nutrients.

**Applications**

Score winning nutrition before the game.

Example: Pregame meal that you can eat on the road:

- 8 ounces fat-free milk
- 3 ounces turkey on whole-grain bread, with lettuce and tomato (and 1 teaspoon mayonnaise, optional)
- 1 cup grapes
- 1 banana

Nutrition profile: about 470 calories, 74 grams (g) carbohydrate, 32 g protein and 7 g fat

**Today**

What you eat after an intense event can affect your recovery. After competition, drink plenty of fluids to rehydrate your body.

Right after physical activity and two hours later, enjoy carbohydrate-rich foods and a small amount of protein. Carbohydrate-rich foods include breads, cereals, crackers, pretzels, fruits and vegetables. Protein sources include fat-free milk, mozzarella cheese cubes and peanut butter.

Nutrition throughout the training season.

How you eat on a regular basis matters!

A nutritious pregame meal will not make up for a poor training diet. Your performance is affected by the foods and beverages consumed for days, even weeks, before an event – and your training!

Get your personalized nutrition recommendations at [www.choosemyplate.gov](http://www.choosemyplate.gov).

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